

## **ABSTRACT**

A visor, including a shield having a front edge, a back edge, a right edge, a left edge, a top surface and a bottom surface, the shield having longitudinal perforations extending from the back edge to the front edge; an attachment rim joined to the shield; and a connector joined to the rim and a method of protecting the eyes of a person including the steps of tearing a shield along longitudinal, latitudinal and vertical perforations to fit a person's forehead; removing an adhesive protector from the shield; and adhesively joining the shield to a person's forehead such the entire shield from a right edge to a left edge are located outside a person's hairline.